

Stock Your Home

Non-Perishable Food Supplies

- Bottled water
- Juices in cans
- Peanut butter and nuts
- Ready-to-eat canned meat, fish, fruit, vegetables, beans and soup
- Dry cereal
- Protein and fruit bars
- Dried fruit
- Crackers
- Baby food and formula in jars and cans
- Pet food

Additional Supplies

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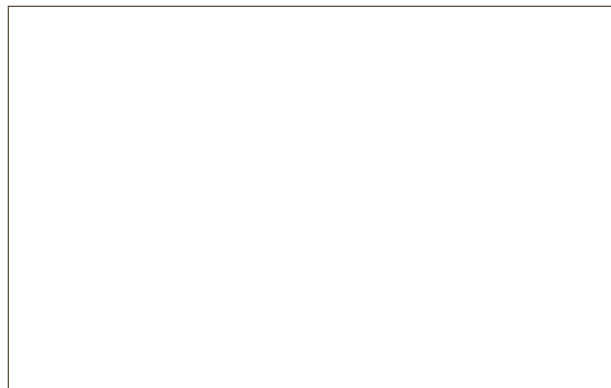


Community Response

In the event of a pandemic flu outbreak, health officials in Northwest Ohio counties will activate a cooperative regional response plan. Look for information with the Pandemic Flu Facts name to be sure you are receiving the right information from the right source – health and safety officials in *(insert county)* are dedicated to providing assistance and maintaining essential medical and community services in the event of a pandemic flu outbreak.

For more specific *(insert county name)* flu information, visit

www.nwopandemicflu.org



**Are You Prepared
for Pandemic
Flu?**

Fact: A Pandemic Flu Outbreak Expected to Happen in *(insert county name)*

Planning Key to Being Prepared

Preparation and prevention are the best ways to protect yourself and your family.

The following simple steps allow you to create your own personal protection plan for a pandemic flu outbreak.

✓ Stay Informed

Your participation in county response plans will help to slow the spread of the flu and help to lessen the impact among your family and the entire community. Pandemic Flu Facts and www.nwopandemicflu.org has the specific local flu information and the things you can do to take action now.

✓ Make a Plan

Write out what you need to do and how you will handle if someone gets sick. Make a list of all the essential and emergency supplies you will need. (Use the lists in this brochure to help you get started.) Discuss the plan with your family.

✓ Stock Your Home

Experts advise stocking enough supplies for two weeks. Assemble the needed medical and health supplies, the necessary emergency items and enough non-perishable food supplies and set them aside for use during the pandemic flu outbreak.

Other Protection Steps to Take

Help to slow the spread of disease and protect yourself and your loved ones by following these simple steps.

- ✓ Wash hands frequently with soap and water or use a hand sanitizer



- ✓ Use a tissue or sleeve to cover coughs and sneezes, not your hand



- ✓ Stay away from, or limit time with anyone who is sick



- ✓ Stay at home or away from other people if you are sick



Stock Your Home

Medical and Health Supplies

- Thermometer
- Hand washing supplies - soap and water or alcohol-based hand sanitizer
- Fever-reducer medicines such as acetaminophen or ibuprofen
- Medicine for diarrhea and nausea
- Medical supplies needed for blood glucose monitoring, blood pressure monitoring, or other medical conditions requiring special supplies or medications (Be sure to check with your healthcare provider on these as well as any prescriptions you are taking.)
- Liquids with electrolytes
- Vitamins

Emergency Supplies

- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Paper products - tissues, toilet paper, disposable diapers
- Keep supplies in an easily accessible or well-marked location



Please cut out this checklist and take it along with you the next time you go shopping

